

What effect does consuming natural (ruminant) vs. synthetic (industrially hydrogenated) trans fatty acids have on LDL-, HDL- and non-HDL cholesterol? (DGAC 2010)

Conclusion


Limited evidence is available to support a substantial biological difference in the detrimental effects of industrial trans fatty acids (iTFA) and ruminant trans fatty acids (rTFA) on health when rTFA is consumed at seven to ten times the normal level of consumption.

Grade: Limited

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades [click here](#).

Evidence Summaries

What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 [What effect does consuming natural \(ruminant\) vs. synthetic \(industrially hydrogenated\) trans fatty acids have on LDL-, HDL- and Non-HDL cholesterol?](#)

Search Plan and Results

What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

[Ruminant vs. synthesized industrial Trans fat:](#)